



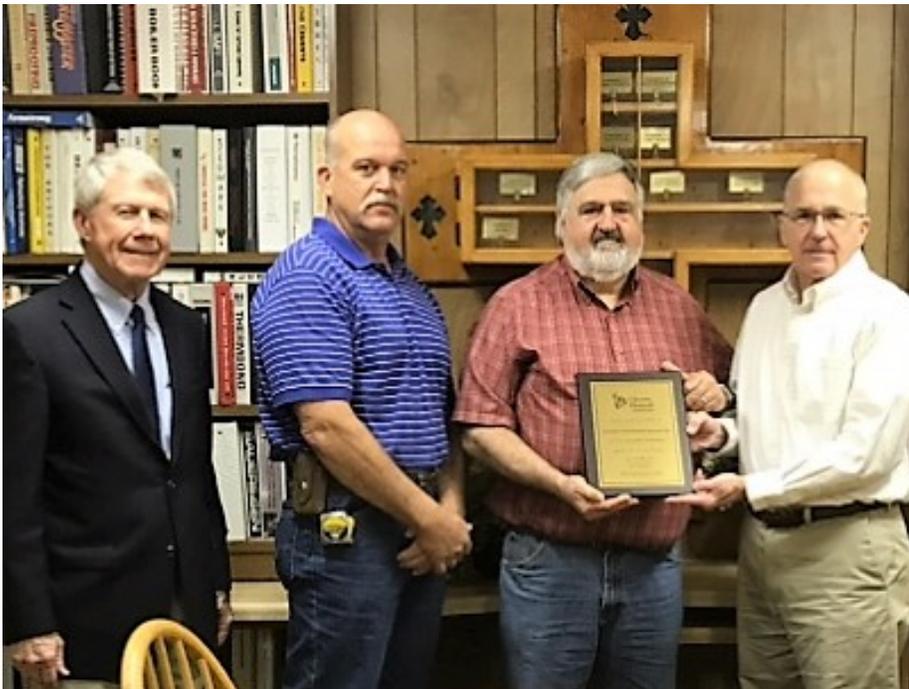
Spring 2017

A NEWSLETTER

I&R QUARTERLY

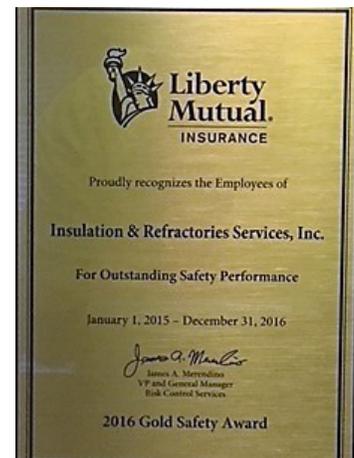
Safety, Sales, and Superior Service

IRS WINS GOLD AGAIN!



In this Issue...

Honoring Don Herrington
Safety Rocks: Ladder Safety
Social Media: Good/Bad?



Larry Sefton (right) of Liberty Mutual Insurance presents a Gold Safety Award to Ronnie Favre and Charles Boyd of Insulation & Refractories Services, Inc. Pictured also is Al Hollingsworth (left) of Clay and Land Insurance.

Gold Safety Award

Larry Sefton, CHP Technical Consultant of Liberty Mutual Insurance Company Risk Control Services presented a Gold Safety Award to Insulation & Refractories Services. Mr. Al Hollingsworth of Clay and Land Insurance was also on hand for the presentation of this award. This is the second Gold Safety Award for IRS. The company is eligible for this award every 2 years. It requires over 200,000 hours of no lost time accidents. Insulation & Refractories Services has had no lost time accidents from January 1, 2015—December 31, 2016. During the presentation, Mr. Sefton stated that this honor is not easy to accomplish. Charles Boyd, Safety Manager, acknowledged the effort of all employees to continue the IRS tradition of safety first. As with any worthy endeavor, to continue this progress requires the determination and resolve of everyone.

Don Herrington Retires After Thirty Plus Years of Service



John W. Whitsett presents Don Herrington with a plaque acknowledging his 30+ years of work for IRS as John G. Whitsett and other IRS friends look on. Big Don was honored with a get together at the IRS office where he received a Yeti cooler along with his plaque and the congratulations of his co-workers. Big Don will be greatly missed but we wish him the best in his well-deserved retirement.



From the IRS Gallery at www.irs2.cc

Safety Rocks by Charles Boyd



Ladder Safety

To avoid falls while using a ladder, take the following steps.

Heat Safety Tool App available for free for your smart phone at your app store.

1. **Inspect your ladder before each use.** Inspect rails, rungs, feet and spreaders. If damage is found, tag the ladder "do not use" and use another ladder.
2. **Position your ladder properly.** It must be at least 10 feet from power lines. Make sure you have level, solid footing for your ladder. Position your ladder close to your work to avoid overreaching. For extension ladders, position the ladder one foot away from the building for every 4 feet of height. Tie off the ladder at the top and bottom where possible.
3. **Use the ladder safely.** Maintain 3 point contact with the ladder at all times. When you are over the 4th step (4 feet off the ground) you must be 100% tied off.

Is Social Media Taking Over Our Lives?

Social Media is here to stay, it seems. Even if you don't FB, Instagram, SnapChat or Twitter, someone you know does. Use common sense to prevent Social Media from ruling or ruining your life. Here are some tips:

1. Set a good example. Limit the time you and your family spend on Social Media and definitely ban phones during mealtime. Be aware of what your family is posting.
2. Don't post pictures or statuses that show you in a negative light. Once you post something online, it's there forever, even if you think it's deleted. Only add people that you know personally.
3. Be careful of being on Social Media during the work-day. Most forms of Social Media have time stamps.
4. Don't believe everything you read on Social Media. There is much "fake news" out there that is harmful.

Social Media can be a fun way to keep up with family and friends if managed correctly. Handle it with care.



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